

Message of Hope

We Can Prevent Diabetes in Native
American Communities

Sonoma County Indian Health Project,
Inc.

Santa Rosa, CA.

Helen Maldonado, PA-C/Program
Director



American Diabetes Association

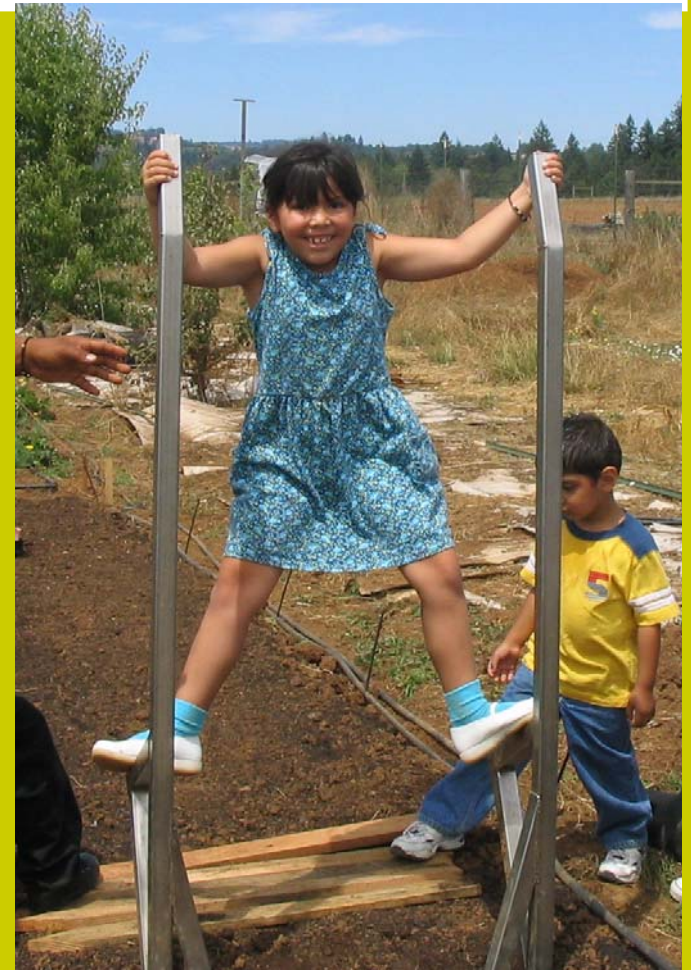
Reports there are 18.2 million Americans
with Diabetes.

Nearly 1/3 of them don't know it!

Native American's are more common to
have Diabetes.

Lifestyle Balance:

The choices we make
between what kinds of food
we eat...



...and the choices we make
in how our bodies move.

Progression of Diabetes....

All people (including children) who are overweight have an imbalance in their bodies.



If our bodies use more energy than they take in, then we lose weight. If our bodies use less energy than they take in, we gain weight.



Over a long enough time of putting more food into our bodies than they can use, the extra food is turned into fat and stored for later. This becomes a kind of pollution in our bodies if it is not used.

The choices about the kinds of food we eat are just as important as the choices we make about how we use the energy from the food.



Diabetes-

In simple terms, diabetes is a



Heart Condition....

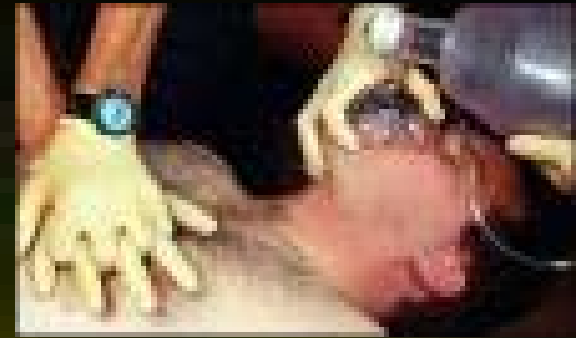
...with a Sugar Problem



What can cause the Heart to work harder than it needs to?

When we eat too much fat that is not a good fat, we make our hearts work harder to do the same job. The fat (cholesterol) begins to fill up our arteries (the pipes that move the blood through our bodies) and makes them smaller. This makes it harder for our muscles to get the energy they need when we do physical activity. Because the heart is also a muscle, if it doesn't get the blood flow that it needs, it can have problems doing its job pumping blood.

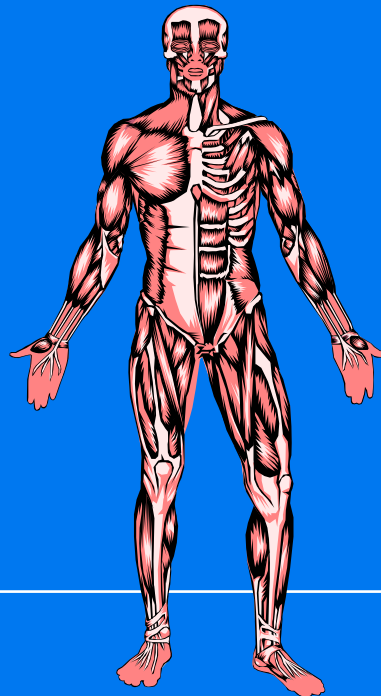
This is called a



Heart Attack.

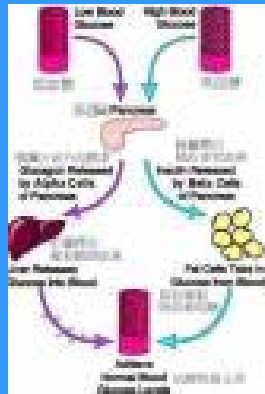
How does sugar go from the blood to the cells and muscles?

Sugar that is used by the cells and muscles of the body for energy, is carried in the blood through the body. When the sugar in the blood gets to a cell or muscle that can use it, the body produces a chemical called insulin to pull the sugar from the blood and take it to the cell.



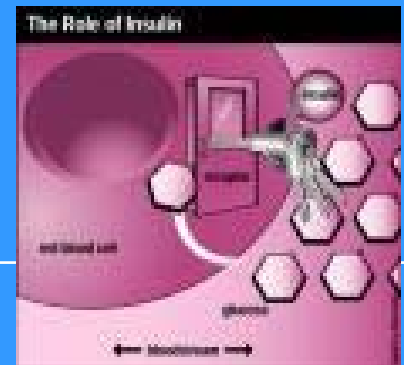
What does our body do with the sugar?

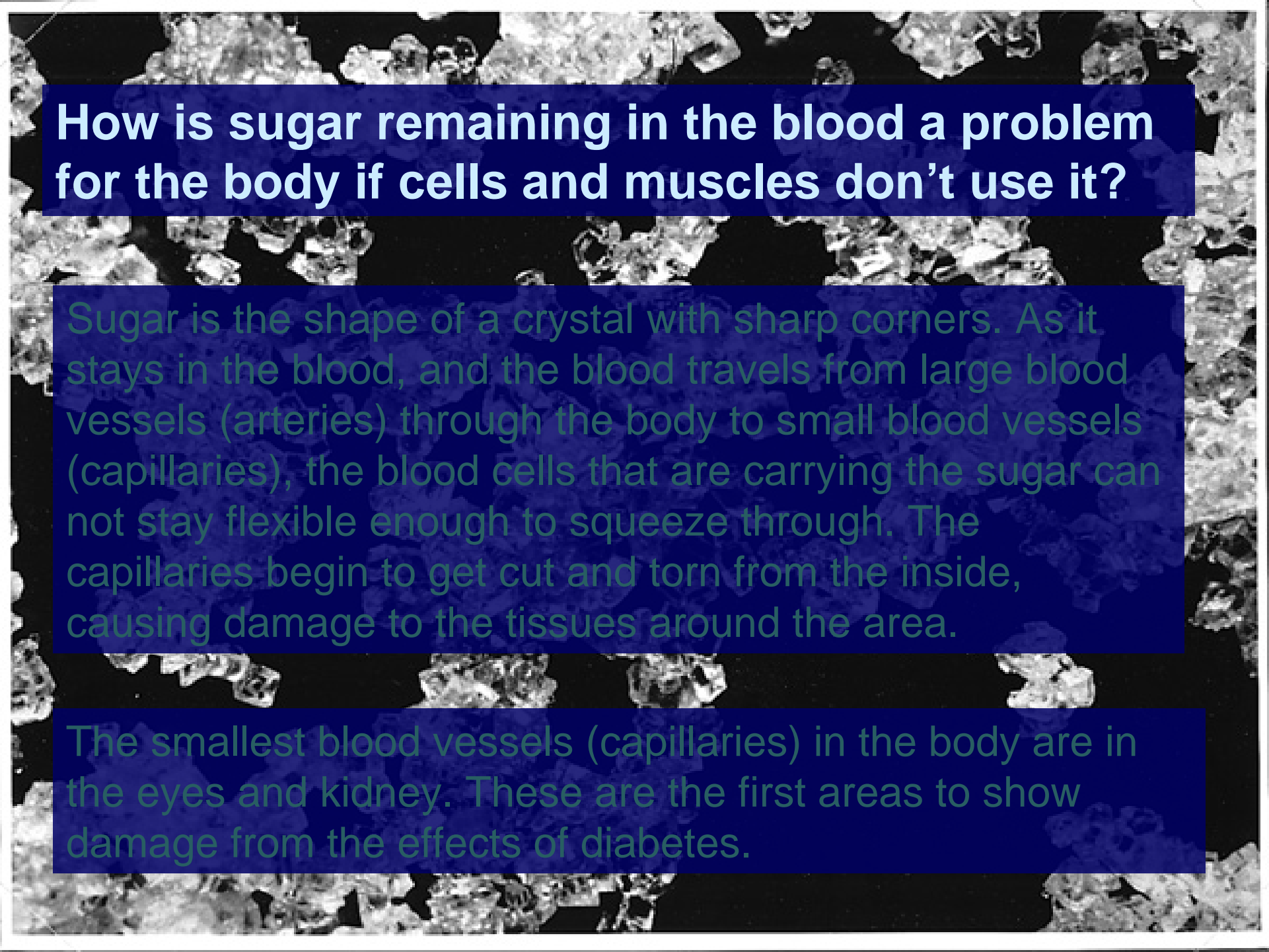
Insulin is produced by an organ in the body called the pancreas. The pancreas produces insulin when sugar is in the blood so it can be used by the body.



The more sugar that is in the blood, the more the pancreas has to work to make insulin. Over time, the body can no longer make insulin as it is needed. Not getting to the cells and muscles that call use it, the sugar stays in the blood.

This is Diabetes.



A background image showing a microscopic view of sugar crystals, which appear as irregular, sharp-edged, and translucent structures against a dark background. The crystals vary in size and shape, some showing distinct geometric forms.

How is sugar remaining in the blood a problem for the body if cells and muscles don't use it?

Sugar is the shape of a crystal with sharp corners. As it stays in the blood, and the blood travels from large blood vessels (arteries) through the body to small blood vessels (capillaries), the blood cells that are carrying the sugar can not stay flexible enough to squeeze through. The capillaries begin to get cut and torn from the inside, causing damage to the tissues around the area.

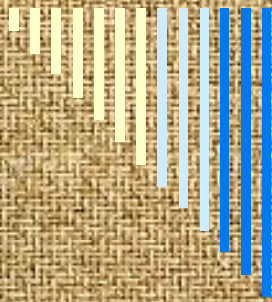
The smallest blood vessels (capillaries) in the body are in the eyes and kidney. These are the first areas to show damage from the effects of diabetes.



ARE YOU AT RISK FOR TYPE 2 DIABETES?

If you can say “YES” to any of the following, you may be at risk:

- You have a family member with diabetes
- You are overweight
- You are inactive
- Had a baby weighing 9 pounds or more at birth
- Had high blood sugar during pregnancy (gestational diabetes)
- Have been told by a doctor you are “borderline” diabetic, have a touch of sugar, or have pre-diabetes



THE STUDY

The Diabetes Prevention Project did a study that proved diabetes can be prevented or delayed with LIFESTYLE CHANGE.





Lifestyle Balance

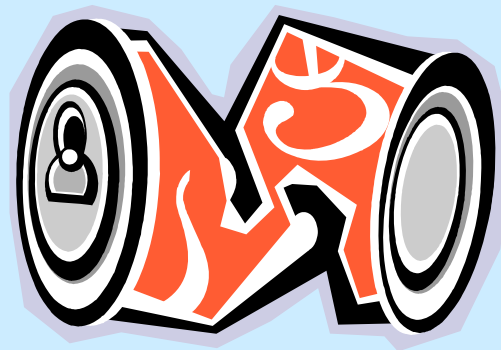


Becoming aware of the type of foods we eat is the first step.

Decreasing the amount of fat we eat and increasing the amount of physical activity we get is the recipe for wellness.

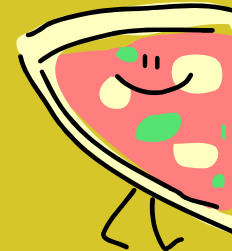
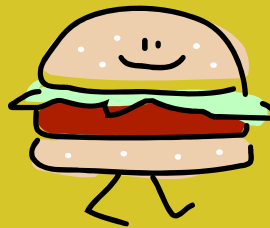
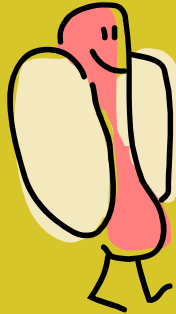
BE ON YOUR WAY TO WELLNESS!

Limit sugar intake- sodas, sugar sweetened drinks, and juice increase the daily calories which may contribute to weight gain.





Limit high fat foods like: French fries, doughnuts, salami, hot dogs, and fried foods.





Adults and children should eat 8 to 9 servings of fresh fruits and vegetables per day.



**Fresh Fruits and Veggies Make
Great Healthy Snacks!!!**



Healthy Traditions Garden



For information
about garden events
or to schedule a visit,
please call Lupe at
521-4502.





Prevent Diabetes

SCIHP Healthy Traditions Department has started an intensive 16 week lifestyle balance program to prevent diabetes. We currently have 24 motivated participants meeting weekly healthy lifestyle changes through education. The real motivation is the weight loss from keeping track of fat intake and increasing physical activity. Classes are held at SCIHP in the community room.



TAKE CHARGE OF YOUR HEALTH



**Join this prevention
program if your at
risk for diabetes.**



HOW DO I JOIN?

- Take the ADA risk test
- Schedule an Oral Glucose Tolerance Test

If you qualify, you will be invited to participate

Tombo with DPP Participants



DPP Participants Going Strong











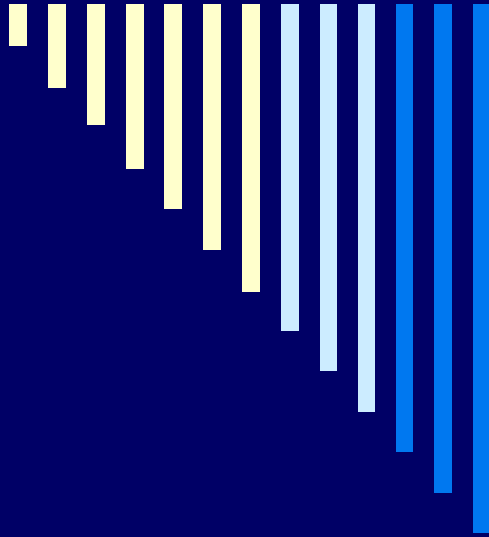
Preventing Diabetes Is A Community Affair

- ❑ Spread the word about the Message of Hope to all tribal groups
 - ❑ Encourage fitness for this generation
 - ❑ Tribal leaders focus on the Wellness of your tribal members
 - ❑ Prioritize health and wellness as high as economic development because our children are the investment for our future
-



Healthy Traditions Department Staff





**THANK YOU FOR
LISTENING**

**Stay well, be happy and live a great
day.**

Helen Maldonado, PA-C
